



WILLIAMSON COUNTY GOVERNMENT

Benefits Department

"Take Charge of Your Health".

How to get additional funds in your HSA for 2015

October 8, 2014

Participants enrolled in the high deductible medical plan with the Health Savings Account, are partnering with Williamson County to save money and improve their quality of life. It is important to Williamson County that employees and their families take control and live healthy life styles. Poor health costs impact everyone and lead to:

- Paying more in doctor's visits and hospitalizations
- Higher health insurance premiums
- An unhealthy quality of life

Employees can receive \$125 and the enrolled spouse receive \$125 in their HSA fund by each getting a Wellness Physical Exam with their physician that includes biometric screening results and then completing the Health Risk Assessment.

"Take Charge of Your Health" in 2015

The importance of a biometric screening is "knowing your risk for common chronic diseases such as heart disease, hypertension, diabetes, and certain types of cancer. This is an important first step to ***"Take Charge of Your Health"***.

Because we want you to ***"Take Charge of your Health"***, we are encouraging participants to go to their family physician, have them complete the screening along with their yearly physical, and then if needed, your physician will direct you in measures to help manage, reduce or eliminate health care risks that are getting in the way of your overall health.

What do I need to do?



Get your yearly wellness physical including a complete biometric health screening.

*Remember, yearly physicals are covered under the medical plan at no cost to you.

*Take with you the "My Health At A Glance" card, which will provide your physician the information needed for you to complete the Health Risk Assessment. Contact the Benefits Department for a "My Health At A Glance" card.



Complete the online Health Risk Assessment at www.myCigna.com, which will include the biometric numbers from your wellness physical.

To receive the 2015 HSA ***"Take Charge of Your Health"*** incentive:

1. Employee and/or enrolled spouse must get a routine wellness physical that includes biometric screening results anytime from July 1, 2014 – June 30, 2015.
2. The Health Risk Assessment must be completed in full including the biometric screening results from January 1, 2015 – June 30, 2015.
3. Participants enrolled during the 2015 plan year must complete this process by June 30, 2015 or they will forfeit the HSA ***"Take Charge of Your Health"*** funds of \$125 for employee and/or \$125 for the enrolled spouse.

If you have question on your Health Savings Account (HSA) contact

Heather Oxnam

(615)790-5600

heathero@williamson-tn.org

heather.oxnam@wcs.edu